

Individual Paper/Poster Submission Form
ISBNPA 2002 Annual Meeting
Seattle, July 12-13, 2002

Title (Capital Letters)

The 1999 California Children's Healthy Eating and Exercise Practices Survey: From Research to Policy Implications

Author(s), institution (list per author if different), city (list per author if different), country (list per author if different)

Keihner, A., Public Health Institute, Sacramento, USA; Foerster, S., California Department of Health Services, Sacramento, USA; Sugerman, S., Public Health Institute, Sacramento, USA; Oppen, M., Public Health Institute, Berkeley, USA; Jolly, S., Fleishman-Hillard Research Inc., St. Louis, USA; and Goel, P., Goel and Associates, San Francisco, USA.

Abstract (expand to permit all words to be recorded; 250 word limit)

Purpose of the Survey: To collect dietary intake and physical activity data for state-level surveillance of California children. Method: The survey, designed for children age 9-11, used a demographically balanced market research panel method combining a mail survey with a telephone follow-up. In the spring of 1999, the parent-assisted two-day diet and exercise diary was collected by mail from 814 children. The follow-up telephone interview contacted 394 children for key attitude and knowledge information. Results: The response rates for the mail and telephone surveys were 41% and 51% respectively. Of the children surveyed, just under one-third were at risk of overweight (BMI $\geq 85^{\text{th}}$ and $< 95^{\text{th}}$ percentile) or already overweight (BMI $\geq 95^{\text{th}}$ percentile). Participation in school meal programs and nutrition education classes was associated with greater fruit and vegetable consumption. Children eating school lunch consumed more fluid milk and ate less sweet foods. One-quarter of children reported having a school cafeteria with fast food and 16% reported having soda vending machines at school. All differences reported are statistically significant at $p < .05$. Conclusion: Utilizing the findings to advocate for policy changes with elected school district officials and legislators will be discussed.

Funding source

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Full Name of Presenting Author

Angie Jo Keihner, MS

Full address of Presenting Author

601 North 7th Street
P.O. Box 942732, MS-662
Sacramento, CA 94234-7320

**Phone number of
Presenting Author**

(916) 445-7063

**Fax number of Presenting
Author**

(916) 322-1532

**E-Mail address of
Presenting Author**

akeihner@dhs.ca.gov

Do you receive funding or other material support from an organization or company that could be considered a conflict of interest for the research to be presented? (double click on box(es) you wish to select and then select the appropriate default value: "Not checked" ☐ or "Checked" ☒)

☐ yes

☒ no

If YES, please describe the nature of the perceived conflict:

Presentation type (please select one; (double click on the box you wish to select and then select the appropriate default value: "Not checked" ☐ or "Checked" ☒)

☒ paper

☐ poster

☐ oral symposium

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☐ other

Is Presenting Author a postgraduate student? (double click on the box you wish to select and then select the appropriate default value: "Not checked" ☐ or "Checked" ☒)

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Has Presenting Author completed their PhD in the last 3 years? (double click on the box you wish to select and then select the appropriate default value: "Not checked" ☐ or "Checked" ☒)

☐ yes

☒ no

Behaviors covered (please select one; (double click on the box you wish to select and then select the appropriate default value: "Not checked" ☐ or "Checked" ☒)

☐ only nutrition

☐ only physical activity

☒ nutrition and physical activity

Key Words (please select up to three; double click on the box(es) you wish to select and then select the appropriate default value: "Not checked" ☐ or "Checked" ☒)

☐ Adolescents

☐ Cardiovascular disease

☒ Children

☐ Community interventions

☐ Culture and ethnicity

☐ Diabetes

☐ Environmental influences

☐ Epidemiology

☐ Family

☐ Hypertension

☐ Intervention development

☐ Measurement, design and statistical issues

☐ Mass media

☒ Obesity

☐ Older people

☒ Policy issues

☐ Predictors of behavior

☐ Primary prevention programs

☐ Qualitative research

☐ Quantitative research

- ☐ Relating to other outcomes (e.g. cognitive functioning, quality of life)
- ☐ School-based interventions
- ☐ Social influences
- ☐ Theoretical issues
- ☐ Worksite interventions
- ☐ Young adults
- ☐ Other,